

CHRISTMAS & beyond

For the chef in us all

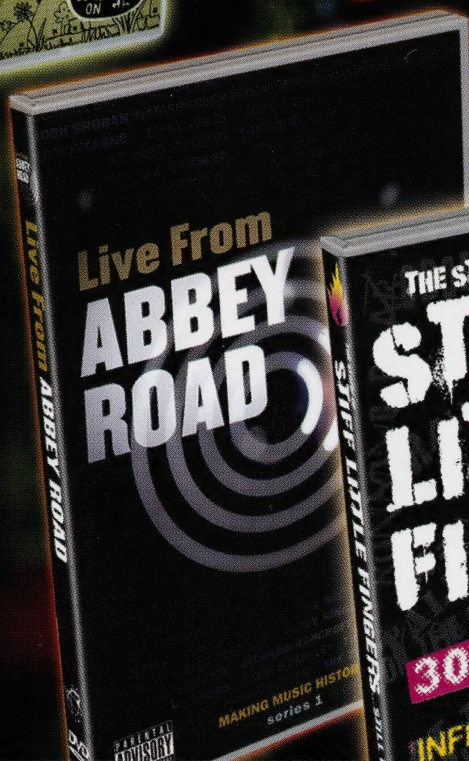
Jamie at Home sees Jamie where he loves to be, surrounded by good food and full of inspiration for cooking up a whole load of simple, delicious, seasonal and no-nonsense recipes. This DVD includes all 12 episodes as broadcast on Channel 4. **Out now.**



For MUSIC LOVERS

Abbey Road is the most renowned recording studio in the world with the greatest music-makers at work and play.

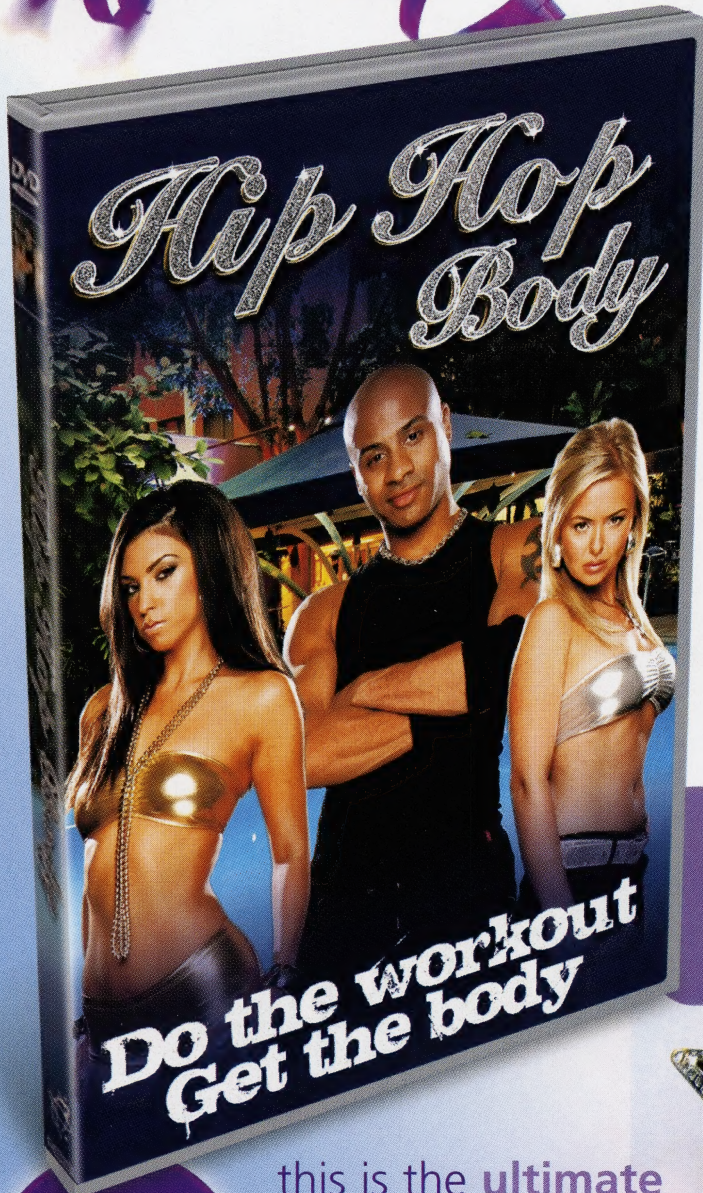
Live from Abbey Road redefines and revolutionises music television to become the world's premier music show. The best track from each act has been hand-picked for inclusion, with songs ranging from classic tracks, innovative covers, new releases and forthcoming material. Interspersed with artist chat and exclusive Abbey Road archive footage. **Out now.**



Still Burning presents the definitive story of **Stiff Little Fingers** as they celebrate their 30th Anniversary in 2007. Shot during their successful March 2007 tour and directed by Don Letts, with contributions from many of the members through the years, it charts the ups and downs, the splits and reformations. **Out now.**



& for those **NEW**



All the dancers in the DVD are normal people with busy lives who have shaped up and had a lot of fun with this great workout.

You start with Hip Hop FROM THE TOP, the warm-up to get you moving followed by Hip Hop TIL-U-DROP, a 30 minute cardio workout that can be split into individual 10 minute sessions if you have less time. There's Hip Hop UPTOWN for toning the upper body; DOWNTOWN for bums and thighs and CENTRAL for the abs. Finally the well deserved SLOW DOWN to cool off.

Get ready to Hip Hop - it'll make you look as fantastic as you feel!

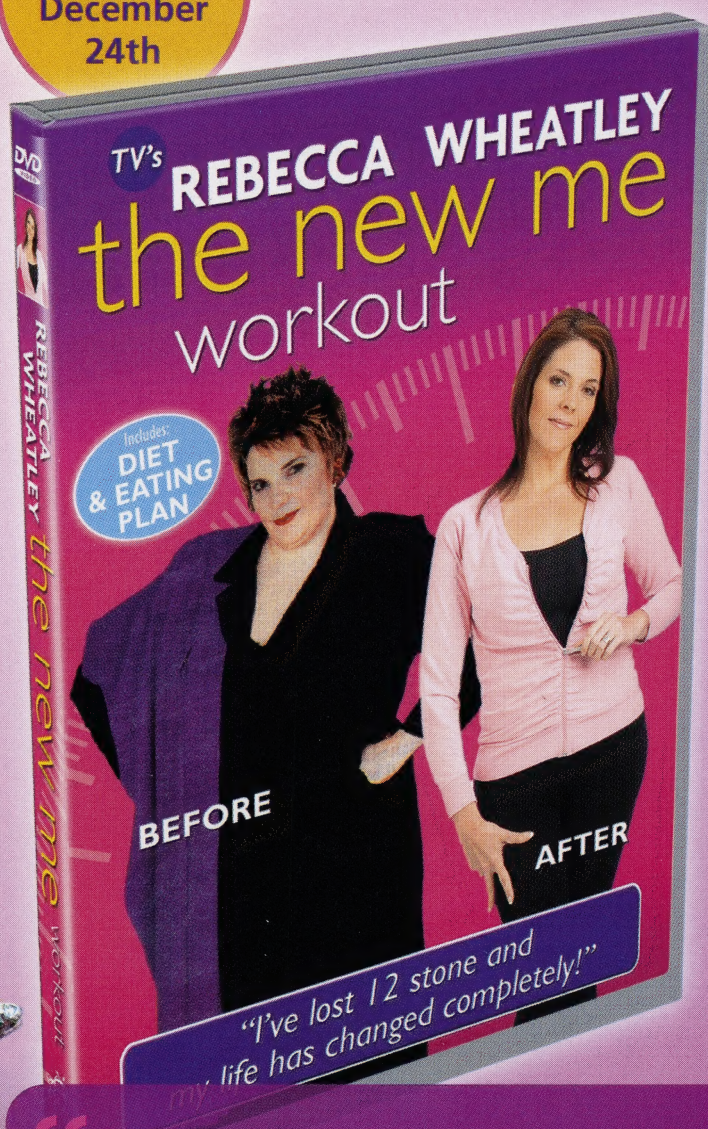


Available
to buy from
**December
24th**

this is the **ultimate**
dance workout
for people who want
Hip Hop bodies!

YEAR resolutions

Available
to buy from
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Rebecca Wheatley's best known role is as Amy the receptionist in the long running medical drama, *Casualty*. But that was 12 stone ago when she was a size 32! In just 27 months she has dropped half her body weight and become a size 12/14 by following Slimming World's eating plan and taking up exercise for the first time ever.

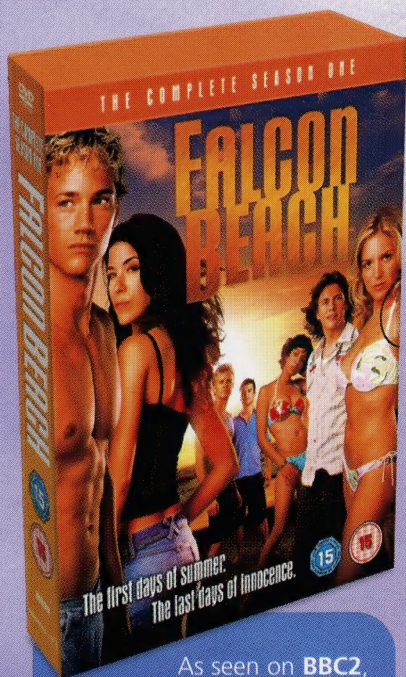
Now that exercise is part of her life and she is a "new me!", she's put together this workout DVD which will get you moving, burn fat and help you feel great. But it's not just a workout DVD, it also contains the Slimming World eating plan that Rebecca so successfully followed with loads of ideas for meals and snacks that will help you get started. She also shares her story of how she did it – it's all about eating sensibly, never going hungry, enjoying food and getting moving.

As Rebecca says:

“ I have so much more energy, a brand new physical confidence, less stress and I even sleep better! I never thought I'd say this but exercise is part of my life I really enjoy. So this really is **THE NEW ME**. And if I can do it you can too! ”

COMING SOON

in 2008



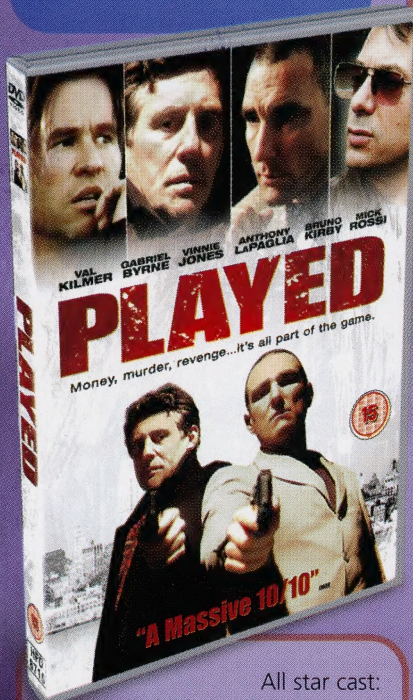
As seen on **BBC2**, this DVD box set is all 13 episodes of the first series PLUS the two pilot episodes

Falcon Beach is a teen drama that follows the lives of the locals of Falcon Beach over the long hot summer. Jason Tanner, the resident heart-throb is being lusted after by two feisty females: old flame Tanya Shedden and career girl Paige Bradshaw. What's a boy to do?

Adapted by Andrew Davies from John Cleland's saucy 18th-century novel, Fanny Hill is the story of a young country girl who, through financial necessity, falls into prostitution. Forced to take a succession of lovers to survive, she slowly rises to respectability - but only after enjoying wholeheartedly the fruits of her labour.



"Be Gentle with my little Fanny, Sir!"



All star cast: Val Kilmer, Gabriel Byrne, Vinnie Jones, Anthony LaPaglia, Bruno Kirby, Joanne Whalley, Patsy Kensit & introducing Mick Rossi.

After taking the fall for a heist gone wrong, thief-for-life Ray Burns is back on the streets. Looking to settle the score, he must get back in the game one last time to take down his enemies. In this gritty look at London's criminal underground, Ray learns the hard way not to get "PLAYED".

Life continues for the **Baltimore Homicide squad** in this fourth series of the award winning US cop drama.

